

# RSHAPPENINGS

*The official newsletter of Richmond State Hospital*



<https://www.in.gov/fssa/dmha/3305.htm>

October 2, 2020

## Our Mission:

To provide individualized patient care as the center of all we do.

## Our Values:

Recovery  
Strength  
Hope

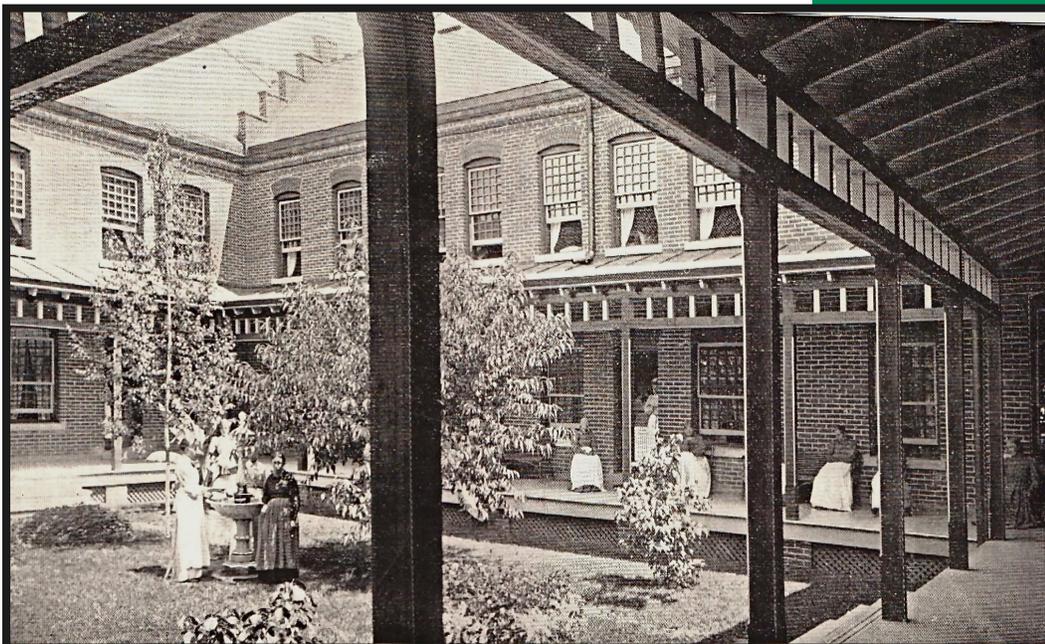
## Our Vision:

To be a Center of Excellence that meets the evolving public health and patient care needs through:

Community Partnerships  
Innovation  
Technology  
Evidence-based Practice

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**Woman's Triplet Cottage courtyard. Nurses are in white. In the late 1980's the building housed medical records, community services, sewing room and the clothing room.**

# The 9 Symptoms of Borderline Personality Disorder

## 1. Fear of abandonment.

People with BPD are often terrified of being abandoned or left alone. Even something as innocuous as a loved one arriving home late from work or going away for the weekend may trigger intense fear. This can prompt frantic efforts to keep the other person close. You may beg, cling, start fights, track your loved one's movements, or even physically block the person from leaving. Unfortunately, this behavior tends to have the opposite effect—driving others away.

**2. Unstable relationships.** People with BPD tend to have relationships that are intense and short-lived. You may fall in love quickly, believing that each new person is the one who will make you feel whole, only to be quickly disappointed. Your relationships either seem perfect or horrible, without any middle ground. Your lovers, friends, or family members may feel like they have emotional whiplash as a result of your rapid swings from idealization to devaluation, anger, and hate.

**3. Unclear or shifting self-image.** When you have BPD, your sense of self is typically unstable. Sometimes you may feel good about yourself, but other times you hate yourself, or even view yourself as evil. You probably don't have a clear idea of who you are or what you want in life. As a result, you may frequently change jobs, friends, lovers, religion, values, goals, or even sexual identity.

**4. Impulsive, self-destructive behaviors.** If you have BPD, you may engage in harmful, sensation-seeking behaviors, especially when you're upset. You may impulsively spend money you can't afford, binge eat, drive recklessly, shoplift, engage in risky sex, or overdo it with drugs or alcohol. These risky behaviors may help you feel better in the moment, but they hurt you and those around you over the long-term.

**5. Self-harm.** Suicidal behavior and deliberate self-harm is common in people with BPD. Suicidal behavior includes thinking about suicide, making suicidal gestures or threats, or actually carrying out a suicide attempt. Self-harm encompasses all other attempts to hurt yourself without suicidal intent. Common forms of self-harm include cutting and burning.

**6. Extreme emotional swings.** Unstable emotions and moods are common with BPD. One moment, you may feel happy, and the next, despondent. Little things that other people brush off can send you into an emotional tailspin. These mood swings are intense, but they tend to pass fairly quickly (unlike the emotional swings of depression or bipolar disorder), usually lasting just a few minutes or hours.

**7. Chronic feelings of emptiness.** People with BPD often talk about feeling empty, as if there's a hole or a void inside them. At the extreme, you may feel as if you're "nothing" or "nobody." This feeling is uncomfortable, so you may try to fill the void with things like drugs, food, or sex. But nothing feels truly satisfying.

**8. Explosive anger.** If you have BPD, you may struggle with intense anger and a short temper. You may also have trouble controlling yourself once the fuse is lit—yelling, throwing things, or becoming completely consumed by rage. It's important to note that this anger isn't always directed outwards. You may spend a lot of time feeling angry at yourself.

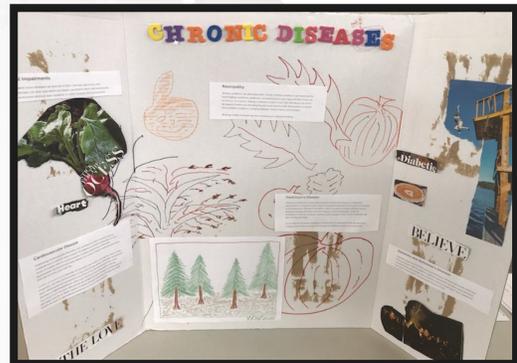
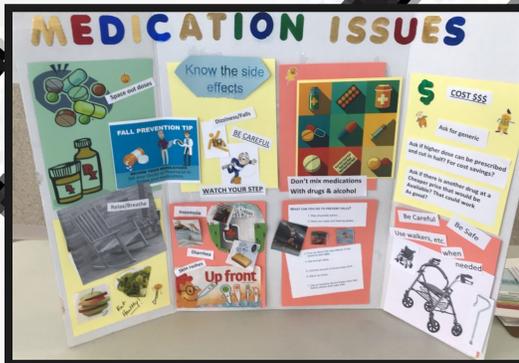
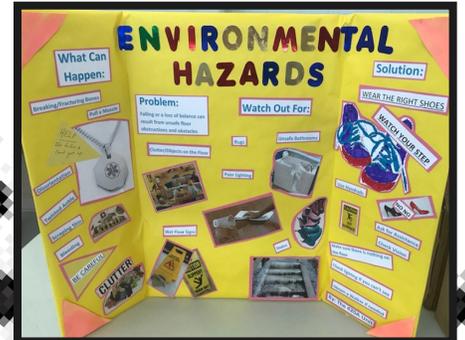
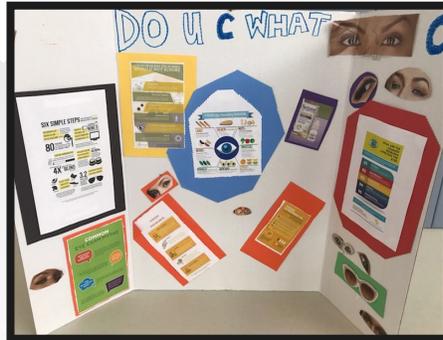
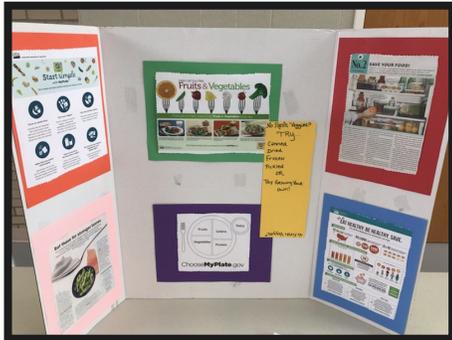
**9. Feeling suspicious or out of touch with reality.** People with BPD often struggle with paranoia or suspicious thoughts about others' motives. When under stress, you may even lose touch with reality—an experience known as dissociation. You may feel foggy, spaced out, or as if you're outside your own body.

<https://www.helpguide.org/articles/mental-disorders/borderline-personality-disorder.htm>



# Campus Recap

The annual falls fair was held in the gym of the CTC on September 22. Patients were encouraged to come down and take part in this educational opportunity. Members of the Falls Committee each presented information. These members included: Tina Holmes, Jeremy Mathews, Brian Wilks, Lindsay Jamison, Teresa Morrow, and Hank Visalli. In total we had 58 patients take part. Many of the patient also received a new pair of non-skid socks.



# Patient Art

The Rehab Department (RT) have a goal of four to five classes a day for the patients, lasting for 30 minutes each right now and then clean and chart after each group besides any special activities. They make notes of who participates and how they participated in the patients chart in Cerner. They are on a budget and each unit, art room, craft room, gym, etc. get to order what they think they need the most and need to make it last for the year. They are very limited on what they can have or do with clients sometimes and makes it difficult to come up with new things at times, clients can't use scissors in group, so everything needs precut and planning anything with string is difficult, needs to be very short pieces. Previous patients have even been able to enter projects into the 4-H fair but with Covid-19 this year and the clients not being able to go to fair to see their projects, they did not enter any this year.



# Department Spotlight

The electric shop has been working on replacing the current lights with light emitting diode (LED) lights. This is to reduce costs by 50% per light that is changed over. LED lights are also brighter, cost efficient, more durable and last seven times longer. Some bulbs are easier than others to replace. The bulbs we currently have are referred to as halons. The eye of the light post acts as a light switch and sends electricity to the bulb, signaling the gases in the bulb to heat up the metal particles in order to produce light. The new LED lights have a built-in fan that keeps them cooler than the halon bulbs. LED bulbs have little squares that light up and are extremely bright. In order to replace the halon with the LED bulbs the entire component has to be converted and changed out. The LED bulbs will eliminate the starter, capacitor, the light transformer, as well as the costs of these replacement parts.

Safety is always a concern when converting from halons to LED bulbs. Brandon Elliot and Thomas "Tom" Clarkston always have to wear lineman gloves with rubber lining, hard hats and harnesses when in the bucket truck. Changes are starting by main roads and the lights that are currently not working.



Left to right: LED lights vs. halon, the eye and the starter, capacitor and light transformer.

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# Community Spotlight

Congratulations to the Richmond High School Girls Golf team who won the 2020 Sectional Championship! The event was held at Liberty Country Club and is the first time in many years the Lady Devils won both their conference and their Sectionals in the same year. The Lady Devils capped off a great season as they finished in fourth place at the Lapel Regional Tournament and just barely missed the State Tournament as the top three Regional finalists. The left picture from left to right: Macky Laughlin, Ashlyn Spurrier, Zoe Brock, Head Coach Brent Struewing, Ester Etherington, Isabella Roll, Assistant Coach Cory Laughlin. Corey has been coaching for four years and has also coached middle school. He took up coaching golf due to enjoying golf himself and his daughter. Corey states they are always recruiting and looking for the next local talent to welcome to the team.



# Reminders

Please do not turn PCs off in the evenings or over the weekend. All PCs need to be left on in order to receive scheduled security updates pushed by the Indiana Office of Technology (IOT).

Although it is recommended that you restart your system at least once a week, please do not power off completely for long periods of time.



## Upcoming Years of Service Anniversaries

October 4: Timothy Kendall (27)

October 7: Janelle Vest (1)

October 8: Donna Ashcraft (8) and Ricky Heath (2)



## Upcoming Birthdays

October 3: Vicki Mattix

October 4: Michael Beck and Carrie Ingle

October 5: Terry Lainhart

October 6: Brian Chasteen

October 7: Theresa Lee Clarkston and Jennifer Sellers

October 9: Julie Backscheider and Christina Baldwin



If you have ideas or suggestions, please contact Kathy Stone ([Kathy.Stone@fssa.in.gov](mailto:Kathy.Stone@fssa.in.gov)).